



OFF TO SUPER SERIES
MACKINNON MAY PLAY
HIMSELF ONTO WORLD
JUNIOR SQUAD {page 21}

PENNILESS MADONNA'S BRO A MAN WITHOUT A HOME {page 14}

**SHOOTING AT
UNIACKE SQUARE**
MAN TAKEN
TO HOSPITAL {page 3}



HALIFAX

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Tuesday, October 25, 2011
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News worth sharing.



Picture. Perfect

► Fall colours are reflected in the water as a woman strolls through Shubie Park yesterday. After a couple of days of nice weather, showers are in the forecast for today.

RYAN TAPLIN/METRO

Homicide in Springhill

► Police not disclosing the nature of the relationship between the suspect and victim



**JENNIFER
TAPLIN**
@METRONEWS.CA

A Springhill woman is dead, and a teenage suspect is in custody.

An 18-year-old male walked into a police station in Springhill just before 3 a.m. yesterday to report that an incident had occurred in a residence on Mechanic Street in the community of about 4,000 people.

"Police attended the scene and found a 38-year-old Springhill woman deceased inside her residence," said Sgt. Brigdit Leger, RCMP spokeswoman.

The 18-year-old was arrested, but no charges had been laid as of last night in what police are calling a homicide. Police are not releasing the name of the victim pending the notification of family.

Police tape surrounded the yellow mini-home yesterday morning and an officer was guarding the scene.

Springhill police were joined in the investigation by members of the RCMP's northeast nova major



► Police guard the home where the victim was found.

crime unit.

Leger said both the victim and the suspect lived at the home and were known to each other.

"This was not a random act of violence. However, based on the Privacy Act, I cannot confirm the nature of their relationship," she said.

CTV is reporting that according to neighbours, the victim is from the Halifax area and was living in the home for the past few months. They also say the house belonged to her boyfriend, with the homeowner in jail on an unrelated matter when the homicide took place.

"It's scary," area resident John Parsons told CTV. "It's really scary because you never know what's going to take place from day to day."

AMHERST DAILY NEWS

Falling in love with the colours



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Motion to melt school's snow days

A motion to amend the school board's snow-day policy likely won't be a big hit with students.

David Cameron, Halifax Regional School Board member, is bringing forward a motion tomorrow night that would see fewer snow days.

The current policy allows for the superintendent or designate to close indi-

vidual schools, families of schools or all schools because of inclement weather.

Cameron's motion states the "normal expectation is that schools will be open and staffed on each scheduled school day."

The decision of operating buses should be made for each family of schools instead of board-wide.

"Only in cases of the most extreme weather conditions will the decision be made to close all schools," reads Cameron's motion.

A consultant hired by the Department of Education filed a report on snow days in December 2009. Recommendations included better communication and revising school-board policies to come up with

contingency options.

The HRSB sought and received input from school advisory councils but no significant changes have been made to the snow-day policy. Cancelling schools when the buses aren't running cause a loss of valuable learning time and also burden families who don't use buses or who are able to make alternate arrange-

Weather the storm

Storm days in in last few years for Halifax Regional School Board:

- ▶ 2010-11: 4.5
- ▶ 2009-10: 1
- ▶ 2008-09: 7.5

ments, according to Cameron. **JENNIFER TAPLIN**

1

news

Man shot on Sunrise Walk

► Police say victim taken to hospital with 'undetermined injuries'



JENNIFER TAPLIN
@METRONEWS.CA

A man in his 20s was shot while walking in the 5400 block of Sunrise Walk in Uniacke Square yesterday.

Unconfirmed reports say he was hit in the arm. The shooting happened at 4:15 p.m. and the injured man was taken to the hospital by paramedics.

"We believe he was walking in the area of Sunrise Walk when he was shot and then he went inside a residence, at which point police were called," said Theresa Rath, spokeswoman for Halifax Regional Police.

She added it was too early in the investigation to determine if the shooting was random or not. Police taped off more than a block of row houses as they searched the sidewalk for evidence yesterday afternoon. A K-9 unit searched around hous-

"When we received the call (the victim) was conscious and breathing."

THERESA RATH, HALIFAX REGIONAL POLICE SPOKESWOMAN

es, back alleys and the nearby field.

The HRP/RCMP general investigation section and the HRP forensic identification unit searched for evidence and interviewed neighbours. Several officers were seen standing outside of 5478 Sunrise Walk soon after the shooting.

One woman said she heard what sounded like a firecracker go off while she was making dinner.

"Around here, you learn to mind your business," she said.

Police said yesterday there was no suspect description and no arrests were made.



► A K-9 team searches through a backyard following a shooting in the 5400 block of Sunrise Walk in Uniacke Square yesterday.



President Obama announces a plan to help reeling U.S. homeowners repay upside-down mortgages. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Expect markets to be volatile until EU leaders finalize plans for solving the debt crisis. Allan Small has more at metronews.ca/investing



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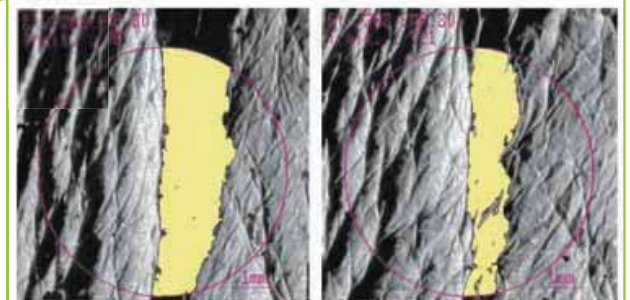
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RYAN TAPLIN/METRO



► Jim Irving, left, CEO of Irving Shipbuilding, sits next to Premier Darrell Dexter prior to the announcement last Wednesday that the Irving-owned Halifax Shipyard was the winner of the \$25-billion shipbuilding contract.

Dexter to lure people into N.S.

► Immigration a bonus, but domestic students and exiled N.S. workers the focus: Premier



ALEX BOUTILLIER
@METRONEWS.CA

The province is looking to bring Nova Scotian expats home and pump up community college enrolment in anticipation of work beginning at the Irving Shipyard, Premier Darrell Dexter said yesterday.

But Dexter noted if the lure of well-paying jobs attracts workers from other lands, that's fine, too.

Dexter told reporters the job stability provided by the \$25-billion shipbuilding contract awarded to Irving Shipbuilding last week should be enough to entice workers to come home.

"In the past, those who have gone out West would not necessarily want to come home for seasonal work or uncertain work," Dexter said.

"What we'll be able to use to attract those people back is the notion that they'll have a good job at a good rate of pay, but also for the long term. And that makes coming home much more attractive."

Ditto for students currently in school, according to Dexter. They now can have some confidence in a strong demand for skilled trades. He said the province wants to focus on lifelong training for those currently considering a trade.

"We want to open doors

that would allow them to go in, to gain experience, for example, in one of the trades, but then move on with further training and to add further value to their own skill set and, therefore, further value to their employers," said Dexter.

Dexter was speaking from Jerusalem, where he is on a weeklong trade mission with Nova Scotia Business Inc.

On Sunday, representatives from Dalhousie University signed a memorandum of understanding with Hebrew University to develop a relationship surrounding health, oceanography and engineering research.

Shipbuilding agreement protects taxpayers: MacKay



ALEX BOUTILLIER
@METRONEWS.CA

The federal government would have the right to take over Irving Shipbuilding in the event of cost overruns or delays related to the production of \$25 billion worth of combat ships, according to a draft agreement.

Ottawa worked in the condition in a draft umbrella agreement with Irving Shipbuilding and Seaspan Marine in British Columbia, according to a report in the Globe and Mail last week.

The Globe reported Section 5.2 of Part 3 of the agreement would compel the shipyards to hand over a "deed of license" to the federal government.

The deed would allow Ottawa "to use, occupy, enjoy and possess those lands and any and all chattels of the company necessary or useful in the



► Peter MacKay

construction of ships" in the event of cost overruns or delays.

Defence Minister Peter MacKay defended the condition yesterday, saying it would ensure taxpayers' interests are protected.

"I think you'll find in the past that in the shipyard industry there have been occasions where taxpayers are left on the hook," MacKay said. "So,

Negotiations

► Public Works Canada refused to produce the draft agreement yesterday, as negotiations are still ongoing. Multiple calls to Irving Shipbuilding were not returned as of press time.

to that end, this is meant as a protection, really, for taxpayers."

MacKay said he was unaware of similar conditions imposed in other federal government procurement deals.

"I hope it won't have to be invoked, and I have every confidence in the shipyards that this work is going to be completed," MacKay added.



For more local news visit metronews.ca/halifax

Premier says PR blitz helps businesses

Premier Darrell Dexter defended the province's \$620,000 public-relations blitz surrounding the National Shipbuilding Procurement Strategy yesterday.

On the telephone from a trade mission in Israel, Dexter said the Ships Start Here campaign helped boost Nova Scotian businesses.

"The program acted as a catalyst for all of the supply chain for the Irving bid to get engaged and participate, not only in promoting the bid but also promoting a tremendous sense of pride in our province," said Dexter.

Dexter countered the criticism that the advertising campaign had no effect on the Irving's bid for a \$25-billion shipbuilding contract.

"We got more benefit from that campaign than we have seen in any campaign promoting the

province of Nova Scotia in its history, with the possible exception of the Canada's Ocean Playground campaign," said Dexter.

"And that simply was because it was on a licence plate for 30 years or something."

One of the most prominent critics of the campaign, Defence Minister Peter MacKay, reiterated yesterday he felt the money was wasted.

"It had absolutely no impact on the result," he said. ● ALEX BOUTILLIER

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A DATE TO SKATE

Public input sought on oval extras

HRM wants residents to pitch their ideas on what amenities should go around the oval when it opens this winter.

Construction crews are hard at work carving out the 400-metre oval on the Halifax Common for a December opening.

An open house is scheduled for tomorrow from 6:30-8:30 p.m. at the Atlantica Hotel at 1980 Robie St. The city wants input on the amenities for year-round operation of the oval.

The \$4.3-million first phase is underway, while the \$1.4-million second phase, which involves construction of the outbuildings, is slated for 2012-13.

To learn more, go to halifax.ca/skatehrm.

● JENNIFER TAPLIN

Robbers make off with cash, smokes

Police are looking for two men who threatened a clerk with a knife during a holdup at the Ultramar on Herring Cove Road Sunday night. Police say the men fled with an undisclosed amount of cash and cigarettes. The sales clerk was unharmed. ● HEATHER GILLIS

Cops collar joy riders

Three youth face charges after police say they tried to steal a car from a Dartmouth parking lot Sunday. Police say they were contacted about the trio "casing vehicles" in a lot on Portland Street at about 9:45 p.m. The suspects tried to steal a car, but police arrived and arrested them. ● METRO

Housing deal worth \$61M

- Feds, province pool resources to develop affordable homes
- 'Flexible' funding aims to address Nova Scotia's unique shelter needs



ALEX BOUTILIER
@METRONEWS.CA

As stimulus spending peters out, Ottawa and the province have worked out a \$61-million deal to build new and improve existing affordable housing in Nova Scotia.

Peter MacKay, the defence minister, and Denise Peterson-Rafuse, the community services minister, announced the deal in Middle Sackville yesterday.

Both governments will commit \$30.5 million over the next three years to affordable-housing initiatives in the province. Details on how the money will be spent won't be known until the NDP government releases its affordable housing strategy. Work has yet to begin on

"All Canadians deserve stable, safe and affordable homes, and a place to call home."

DEFENCE MINISTER PETER MACKAY

the policy statement, but the province expects to release it sometime in the middle of next year.

"Currently, our priority is for people with disabilities and seniors housing," Peterson-Rafuse said. "But we will be looking at all other aspects of where the housing needs are, and the flexibility that this agreement is giving us is fabulous."

Bill Pratt, executive director of Shelter Nova Scotia, welcomed the news.

"In our business, any new dollar is a great dollar because it all adds up," he



► NDP MLAs Mat Whynott, Denise Peterson-Rafuse and Dave Wilson tour Millwood Place, a new seniors' residence in Middle Sackville, yesterday.

said. Shelter Nova Scotia is currently developing a 19-apartment transitional housing building on Cunard Street.

"I don't know where we'll see the money in the

next couple of years, but certainly with the province now having the flexibility to move that money around where they feel appropriate ... that's fantastic."

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*Offer good for Tuesday, October 25th, 2011. While supplies last.

New health centre in works

The province says it will open a collaborative health centre in Springhill to provide emergency care for area residents.

The Cumberland Health Authority is working with

the community and officials at the Department of Health and Wellness to develop plans for the centre.

The government says it will provide same-day or next-day medical appointments, and offer 24-hour emergency care.

Services will include access to doctors and nurse practitioners for 12 hours a day, seven days a week.

THE CANADIAN PRESS

Fishermen rescued following boat blaze

Police say two fishermen were rescued from a life-raft yesterday after their vessel caught fire off Cape Breton.

One of the men called police to say they had abandoned the vessel, which continued to burn about eight kilometres off Glace Bay.

The coast guard and a police dive unit were sent to the scene. However, police say the Glace Bay men were rescued by a local fisherman. The men, who are in their 40s, were not hurt.

THE CANADIAN PRESS

STEVE WADDEN/CAPE BRETON POST FILE



► The NewPage mill in Point Tupper is seen through a fence on Aug. 23, the day after the company announced the mill would be shutting down indefinitely.

Report to detail progress of mill sale

► Closure a major blow to N.S. economy ► More than a dozen buyers have put in bid to buy plant

The court-appointed monitor handling the sale of an idled paper mill in Cape Breton plans to file a bid report with the Nova Scotia Supreme Court.

Matthew Harris, a managing partner with Ernst and Young in Halifax, says no information will be released until he files a report on the NewPage mill in Port Hawkesbury with the court this afternoon.

About 1,000 people lost their jobs when the mill was placed under creditor protection last month after the company said it

couldn't cope with rising costs, declining demand and a strong Canadian dollar.

Since then, Ernst and Young has said the list of qualified bidders has been whittled down to 14 from 21.

The monitor and the company were expected to narrow that group to a pair of finalists, and those bidders will then continue negotiations with the provincial government, the company and the union representing workers at the plant. THE CANADIAN PRESS

Man dies after house fire

Police are investigating a house fire that left one man dead in Queens County.

Police said Borden Croft, 61, died from

injuries sustained in the fire in Milton just before 4 a.m. Sunday.

He was taken to hospital in Halifax, but died later.

Croft was alone in the home at the time.

Police and firefighters said a preliminary investigation indicates the fire is not suspicious.

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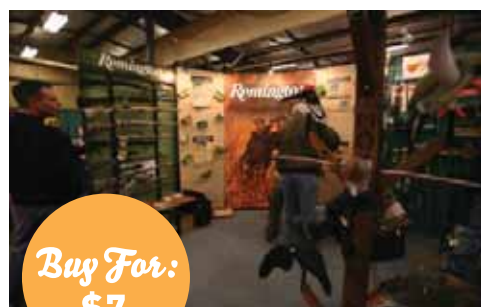
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Where refugees can dream

► Life a journey, not a destination, for those living in Dadaab, Kenya
► Metro offers a glimpse inside the world's largest refugee camp

JORDAN POUILLE METRO WORLD NEWS



In the middle of the desert, 100 kilometres from Somalia and 500 kms from Nairobi, Mohamed and Hussein, both 22, listen to an MP3 player on their plastic chairs while waiting for kids to be vaccinated. Since last summer, an epidemic of measles has been spreading all over Dadaab, a camp with 450,000 people. Ninety-seven per cent of them are Somali citizens who escaped their country because of drought, famine and lack of security. Dadaab refugee camp, established in 1991, has been getting bigger and bigger ever since.

Mohamed and Hussein work as nurses at the International Rescue Committee (IRC) hospital. It's only a

handful of white tents where newly arrived refugee families can get medical care and food for their malnourished children.

The young men have been assigned to the Kamboos annex, a new camp set up by UNHCR, the UN refugee agency, to relieve overcrowding in historical camps of Dagahaley, Agadera and Ifo.

Fortunately, a groundwater reserve has just been discovered here and food is provided by the UN World Food Programme on a daily basis, but everything else — education, hospital, toilets and even security — is still lacking.

Mohamed and Hussein know too well what this is all about. There are Somali refugees who came here

Dadaab camp

Dadaab, with a total area of 50 square kilometres and a population of roughly 450,000, is the largest refugee camp in the world.

with their families when they were two years old. Mohamed often says, "I wish I could come back if my country was peaceful."

But will it ever be? In Somalia, al-Shabab fighters control most of the country including the outskirts of Dadaab refugee camp. Somali authorities have not been able to create a stable government for the last 20 years while African Union troops in Mogadishu are overwhelmed.

Canada, the United States

and Great Britain are the few countries that offer exile to Somali refugees. A dozen of ex-Dadaab residents are now enjoying scholarship in Canadian universities, for example. But competition is fierce and Mohamed believes he might never be able to leave Dadaab. Life is tough in the desert but he is now thinking about settling down for real.

"I am going to start looking for a girlfriend here. I hope she will be educated and hard-working like me."

Once Mohamed gets married, UNHCR will give him a tent. He might want to start a small business with his brother, who studies at a Dadaab vocational school financed by the Norway Refugee Council. Here,

young Kenyan locals or refugees learn how to cut hair, apply makeup, sew and even how to fix a radio receiver.

The school headmaster admits that it's hard to convince refugees to turn up at school everyday: "Some of our students have never seen their parents working since everybody here relies on food supply. And others think they will never escape: we call it the Bufis Syndrome ('Bufis' is a Somali word that expresses a strong desire for relocation). Our main task is to motivate them."

Mohamed and Hussein also discovered that their refugee situation made young local Kenyans jealous. "We went to school and found a job. They did not."

ALL IMAGES: JORDAN POUILLE/METRO WORLD NEWS



► Beauty school



► New arrivals



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October 27 Internet Safety & Cyber Bullying
Captain William Spry Centre (HRM Community Meeting Room), 10 Kidston Road, Spryfield

November 2 Common By-Law Issues
Rockingham United Church
12 Flamingo Drive, Rockingham

Meetings start at 6:30 p.m. All are welcome! Please call 490-5063 if you require special accommodations.

Can't make these sessions? Visit
www.halifax.ca/police/CrimePreventionSeries.html
for a complete list of topics and dates.



Jail time coming for Canada's pot growers

Only about one of every six people convicted in marijuana grow-op cases goes to jail, says a newly released Justice Department study.

The finding suggests the new minimum-sentence provisions in the Conservative government's omnibus crime bill could dramatically increase the number of people behind bars for running grow-ops.

Bill C-10, now before a House of Commons committee, would impose a minimum sentence of six months in jail for anyone growing between six and 200 marijuana plants. Minimum terms increase in steps to two years for higher quantities, with even more severe terms for using rented premises.

The report also found that about nine of every 10 convictions was the result of a guilty plea, rather than a court ruling.

THE CANADIAN PRESS



► Fauja Singh, aged 100, celebrates after crossing the line in the Toronto Waterfront Marathon back on Oct. 16

100-year-old man denied his record

A 100-year-old man who completed the Toronto Marathon has not made it into the Guinness World Records book after all.

A Guinness spokesman says the organization won't accept the evidence provided by Fauja Singh that he is actually 100.

The Turbaned Tornado,

as he's nicknamed, thought he'd become the oldest marathoner ever on Oct. 16, but Glenday tells Toronto radio station AM640 that Singh can't provide the necessary proof of his age.

Singh, who lives in east London, has a British passport that says he was born in 1911, but holds no birth certificate.

His trainer says the man's family might not have registered his birth.

THE CANADIAN PRESS

News in brief

RALPH ORLOWSKI/GETTY IMAGES



Canadians fix up their maps

MAP MAKER. Google is taking inspiration from Wikipedia and inviting Canadians to scan Google Maps in their hometowns and make improvements.

A new tool called Google Map Maker, which launched yesterday, allows users to add roads, rivers, trails and points of interest — such as stores and libraries — or make edits to get rid of incorrect or outdated information.

THE CANADIAN PRESS

Google search tool changes

REACTION. Google has quietly made significant changes to how it performs searches and users are demanding an undo.

Users on Google's help forum recently noticed that adding the + symbol in searches no longer works.

Using the + symbol before a word ensured that Google only retrieved web pages including that term. For example, a search for "+Canada online" produced a list of web pages that all included the word Canada somewhere on the page.

Now, users must use double quotation marks around a word instead of the old + symbol: "Canada" replaces +Canada in Google-speak.

Reaction to the change has been largely negative.

THE CANADIAN PRESS

WikiLeaks on brink

- Restrictions have cut funding by 95%, says Assange
- Average monthly donation fell to below \$10K US in '11

LEFT: RUS PITAKAKIS/THE ASSOCIATED PRESS

► WikiLeaks founder Julian Assange talks to members of the media in London yesterday. Assange said that financial problems may lead to the closure of the notorious secret-spilling site at the end of this year.



WikiLeaks — whose spectacular publication of classified data shook world capitals and exposed the inner workings of international diplomacy — may be weeks away from collapse, the organization's leader said yesterday.

Although its attention-grabbing leaks spread outrage and embarrassment across military and diplomatic circles, WikiLeaks' inability to overturn the block on donations imposed by American financial companies may prove its undoing.

"If we don't knock down the blockade we simply will not be able to continue," said founder Julian Assange to journalists yesterday.

Assange said his group would cease what he called "publication operations" to focus its energy on fundraising. He added that





WikiLeaks — which he said had about 20 employees — needs an additional \$3.5 million to keep it going.

WikiLeaks, launched as an online repository for confidential information, shot to notoriety with the April 2010 disclosure of footage of two Reuters jour-

nalists killed by a U.S. military strike in Baghdad. It then published nearly half a million secret military documents from the wars in Iraq and Afghanistan, raising concerns about the actions of the U.S. and its local allies.

But it wasn't until Wik-

Market moment

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Oil	Natural gas
	
+ \$3.87 US (\$91.27 US)	\$3.604 (- 2.5¢)
	Gold
	\$1,652.30 (+ \$16.20)

iLeaks began publishing a massive trove of 250,000 U.S. State Department cables late last year that the financial screws began to tighten.

MasterCard Inc., Visa Europe Ltd., Bank of America Corp. Western Union Co. and Ebay Inc.'s PayPal all stopped processing donations, starving the organization of cash as it came under intense political, financial and legal pressure.

THE ASSOCIATED PRESS

Airline takes on arbitrator

The labour peace between Air Canada and the union representing its customer-service workers could be in jeopardy after the airline challenged an arbitrator's ruling on pensions, the union's head said yesterday.

In federal court filings, Air Canada takes issue with the decision to create a dual-structure pension plan for new hires and wants a federal court to review how the arbitrator reached his binding decision in June.

CAW national president Ken Lewenza said Air Canada's request amounts to a violation of the collective agreement, which was reached this summer after a three-day strike.

"These guys think they're bigger than the law.



They think they're bigger than collective bargaining," Lewenza said.

The arbitrator sided with the union's proposal for a hybrid pension plan.

Newly hired customer-service agents were to have a mixed defined-benefit and defined-contribution pension formula while current employees remain in a defined-benefit plan.

THE CANADIAN PRESS

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DIY COSTUME TRICKS A TREAT

SHE SAYS ...

JESSICA NAPIER
METRO



sure plenty of you are still scrambling to figure out what to wear come Halloween night. Before you spent \$50 on a lame store-bought pirate costume (oh, look, another Capt. Jack Sparrow), you might want to consider what you're trying to achieve on the most spooktacular night of the year. Whether you're going for scary, sexy or something else entirely, here are a few do-it-yourself costume ideas with various outcomes.

Objective: Upstage all your friends in an inappropriate fashion.

Costume: Pippa Middleton (bridal edition).

What you'll need: Body-hugging white dress, fake British accent, show-stealing caboose.

Objective: When it comes to Halloween, you want people to know that you're totally over it.

Costume: Brooklyn hipster.

What you'll need: Plaid shirt, ironic mustache, Moleskin notebook filled with passages from your favourite posts on Thought Catalog. Remember to keep your "I'm so bored" face on for the entire night.

Objective: Finish all of that leftover self-tanner you've been meaning to throw out.

Costume: Lindsay Lohan mug shots through the ages.

What you'll need: Three friends, blond wigs, orange jumpsuits. Don't forget to practise your parole-breaking smirks beforehand.

"Ryan Gosling in Drive.... If you can pull this off, call me."

Objective: You're not exactly sure what swooning looks like but you want to find out.

Costume: Ryan Gosling in Drive.

What you'll need: Satin scorpion jacket, driving gloves,

smouldering good looks. If you can pull this off, call me.

Objective: Inspire others to question whether it's "too soon" for your costume.

Costume: Steve Jobs.

What you'll need: Black turtleneck, jeans, iPad, questionable sense of timing.

Objective: Accumulate enough mini-Snickers bars to last you until mid-December.

Costume: Good-natured parent.

What you'll need: Comfortable walking shoes, flashlight, pillowcase, borrowed child willing to share the goods (this might be hard to find).

Objective: You want fellow partygoers to roll their eyes and call you a tool.

Costume: Charlie Sheen.

What you'll need: Bowling shirt, fedora, vials of #tigerblood, a couple of blond women willing to act as your "goddesses" for the evening (even harder to find than the aforementioned candy-sharing child).

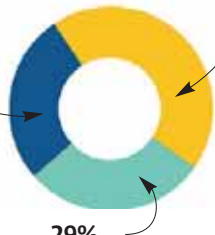
Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

What do you think of the end of Gadhafi?

27%
IT'S HARD TO SAY, AS I AM FAR REMOVED FROM THE EXPERIENCE OF LIVING UNDER HIS REIGN.



44%
HE WAS A BRUTAL DICTATOR AND DESERVED WHAT CAME TO HIM.

29%
HE SHOULD HAVE BEEN CAPTURED AND DEALT WITH THROUGH THE RULE OF LAW.

Worth mentioning

SHUTTLECOCKS. Russian President Dmitry Medvedev promoted the game of badminton in his video blog yesterday, describing it as the choice of those who seek success.

Dressed to play and holding a badminton racket, he told viewers that the sport helps not only in developing physical fitness and quick reactions but in learning to make decisions in life.

"Those who play badminton well can make quick decisions, which means they have the will to achieve success," Medvedev said in the clip posted on the Kremlin website.

He is then shown playing the game with Prime Minister Vladimir Putin, the two of them hitting a shuttlecock back and forth in an otherwise empty sports hall.

Medvedev's video clip was intended to promote badminton in Russian schools, but it was met with some ridicule on the Internet — even on his own edited blog, where Dmitry Yermolayev suggested that he should be worried about "more global issues than the type of physical education in schools."

THE ASSOCIATED PRESS



photo of the day

► This photo titled Red Cloud was submitted to the Colours of My City category by Carla Henriques from Portugal.



Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Vette stalls theft dead in its tracks

A would-be car thief allegedly armed with an axe has learned a powerful lesson from a powerless car parked in a Prince George, B.C., driveway.

RCMP Cpl. Craig Douglass said yesterday that Brent Jameson Morgan, 20, allegedly jumped into the idling Corvette just as the owner was putting away a charger used to revive the sports car's dead battery.

The owner watched in disbelief as the suspect rolled up the power windows, locked the power doors and

promptly stalled the vehicle

The shocked owner wasn't able to take any action because the man in his car was brandishing bear spray, Douglass said.

With not enough juice in the battery to restart the car, the suspect was trapped inside the Corvette after failing to break the window with the victim's anti-theft steering wheel lock and an axe in his backpack.

"As it turns out, all the suspect would have had to do was manually slide the door lock to the side and the door would have opened," Douglass said.

Morgan has been charged with theft, mischief, possession of break-in instruments and one other charge.

THE CANADIAN PRESS

Felicity Jones bares all

► The Like Crazy star dishes on the movie's heavily improvised, non-stop filming style

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

British actress Felicity Jones makes a name for herself with *Like Crazy*, a lyrical, honest portrayal of a young couple (Jones and Anton Yelchin) dealing with the harsh realities of romance at odds with the practical world. It's a bold, emotionally honest performance, and one Jones had to maintain throughout shooting — the heavily improvised film was shot nearly round-the-clock, with the two leads never knowing what exactly would make it on screen. An odd working experience, to be sure, but one Jones says changed her life.

You were pretty much in character around the clock for this movie. How was that?

You just have to live and breathe it for the time that you're making the movie, so you don't have the mind-space to think about anything else but that. And so we were all at a point in our lives where we wanted and were able to just completely immerse ourselves in this project. And so we just spent every minute of the day with each other. It became this rather intimate triumvirate with Drake, Anton and I. We all felt that we wanted to make something unusual and wanted to be brave and not be conventional.



► Felicity Jones says that filming *Like Crazy* nearly around the clock and in a heavily improvised way changed her life.

How has your approach to other projects changed after working this way?

I found after *Like Crazy*, it was a revolution in many ways, in that all the ideas I'd had about acting and about performance were completely changed. And after *Like Crazy*, I felt this incredible calmness that I'd never had before. As an actor, because you don't have control over the whole product, you become quite the perfectionist. But after *Like Crazy* I suddenly just felt more relaxed about letting things

be, and that the whole ethos of improvisation is that things will happen, and interesting creative things will happen if you relax. And I took that mantra with me. I think every few years there's a job that completely changes everything, and *Like Crazy* was one of those jobs.

The film skips over a lot of the bigger, more traditional movie moments for a romance.

What's interesting is — because we shot so much

footage and the takes are so long — is that you just keep going until you find something interesting. You can be filming 40-minute takes and things like that. It was really unclear where the story would go, and actually things that were in the original script didn't end up in the final film. I was so surprised when I first watched it that you spend so little with them when they're actually enjoying their relationship. That's such a small part of the

HANDOUT

Vital stats

- **Name:** Felicity Jones
- **Age:** 27
- **Past Work:** The Oxford-educated actress has appeared on camera in such British staples as the *Tempest*, *Brideshead Revisited* and *Doctor Who*
- **Earning acclaim:** Jones won a Special Jury Prize at the 2011 Sundance Film Festival for her performance in *Like Crazy*
- **Up next:** Jones can soon be seen in the BBC thriller *Page Eight* and *Hysteria*, about the invention of the vibrator. She also recently completed filming a second feature with *Like Crazy* director Drake Doremus.

film, and in the original script that was half the movie.

That summer courtship montage does go by incredibly fast.

Exactly, exactly. But in a way I think that's what makes it so powerful, because as an audience you feel like, "I want more of that!" Which is how they feel. It's exactly what we want. We want to manipulate your emotions.

How do you decompress from making a film like this?

Um... lots of alcohol (laughs). Don't put that in. Just reading and watching movies, and moving very little from the couch to the kitchen is the main thing.

2

scene

Scene in brief



Janet Jackson is rescheduling part of her Australian tour so she can support her family during the trial of the doctor accused of involuntary manslaughter in her brother Michael's death. Dr. Conrad Murray is on trial in Los Angeles. He is accused of being negligent in his care of the superstar, who died in 2009 of an overdose of the anesthetic propofol at age 50.

THE ASSOCIATED PRESS



Conan O'Brien, Jack Black, others to salute Will Ferrell as he wins top U.S. humour prize.

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Captain America: The First Avenger**Genre:** Action**Director:** Joe Johnston**Stars:** Chris Evans, Hugo Weaving, Samuel L. Jackson

🌐🌐
Captain America was always among the least modern of the Marvel Comics heroes, born of Second World War jingoism rather than 1960s idealism and angst.

So it's entirely fitting



that his Marvel-branded movie debut should seem from another age, in a film skillfully wrought by Joe Johnston (The Rocketeer).

Set in 1942, with Nazi bloodlust graphically represented by the loathsome villain Red Skull (Hugo Weaving), Captain America: The First Avenger looks as if it were made to shown as an old-time movie extravaganza.

Chris Evans, who also plays the Human Torch in Fantastic Four films, stars as the Steve Rogers, the scrawny U.S. soldier turned biofreak behemoth.

As creation sagas go, Captain America tops two other starters from the superhero summer of 2010, Green Lantern and Thor, and dovetails nicely with his coming turn in next year's The Avengers.

● PETER HOWELL

Pearl Jam Twenty**Genre:** Documentary**Director:** Cameron Crowe**Stars:** Eddie Vedder, Stone Gossard, Jeff Ament

🌐🌐

For a band that always insisted it wanted nothing to do with rock stars, Pearl Jam Twenty is a contradiction in terms. Cameron Crowe's chronicle of the Seattle grunge quintet's first two decades is undeniably thorough, but it's also weirdly self-aggrandizing.

Crowe, a former Rolling Stone writer and Seattle rock insider, is celebrating

a legend that the band members always denied. Pearl Jam members have long professed to never wanting to be anything more than musicians.

But they sure can talk, when Crowe's camera prods them to. The Pearl Jam lads spend a great deal of time reminiscing about their problems with fame.

They're serious to a fault. On the plus side, this is a must-see movie for dedicated Pearl Jam fans, and I do mean dedicated.

● PETER HOWELL

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Different life, same strife

▶ Noel Gallagher speaks about his solo album, his brother, and all as his normal, outgoing self

JOHAN KELLMAN LARSSON
SCENE@METRONews.CA

In the summer of 1996 Oasis were at the peak of their career. The Gallagher brothers had been declared legends and in front of castle Knebworth they are crowning their success with the biggest double concert ever in the United Kingdom — in front of 250,000 adoring fans.

Fifteen years later Oasis have split up, brothers Liam and Noel only communicate through their lawyers and they have separate mu-

On Oasis

▶ Will there ever be an Oasis reunion? I doubt it. When I close my eyes I can't see it. And when I listen to my soul I don't want it.

sic careers. Liam has Beady Eye, and this week Noel's first solo album is released.

"F—in hell," Noel Gallagher swears and sighs while flipping through messages on his phone. "You can start asking your questions now." He has been talking to the media all day and looks tired.

This is your first solo album.

How has it been different recording Noel Gallagher's high flying birds, compared to the working with Oasis? I guess you can imagine the differences. It used to be five guys who were painting, now I've been alone with the brush.

What is the biggest difference writing songs when you are 30 compared to when you are 44? Have the lyrics and the music changed? The circumstances in my life have absolutely changed, I have three kids

now. And a cat. But no, I don't think it has affected my song writing. I don't write songs about my amazing kids — that would be a pretty boring album. I hope that whoever listens should

see something of themselves in my songs.

You've said recording this album reminded you of when you made Definitely Maybe. Yeah, that's right. The similarities are that this is my

first solo album and that was Oasis first album. The excitement about the unknown is the same I think. We didn't have an audience then — and I don't have an audience now.



▶ Noel Gallagher

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Line-up subject to change.

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THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA

Quit playing games with my heart, Robert Pattinson's facial hair.

These photos of the star sporting various beards and goatees over the weekend are the photographic equivalent of putting ketchup on a fine cut of filet mignon: Why ruin such perfection?

On Saturday, the star was snapped with a full beard (and, might I say, horrific sunglasses; was he going for the chubby John Lennon look?) at the Roissy Charles de Gaulles Airport in Paris where he met up with Twilight co-star Ashley Greene. The two are in



► Robert Pattinson cleans up (sort of) with a goatee.

town to do promotion for the latest tween blood-sucking installment of The Twilight Saga: Breaking Dawn - Part 1.

Luckily, on Sunday night, he cleaned up for the red carpet for the film's Paris premiere by shaving his beard down to a goatee (he also donned a sleek Dolce and Gabbana suit, which helped). That goatee we ladies can live with. But if you go full-on Brad Pitt/Mark Twain goatee, we're going to have to talk, Robert.

'My sister is a multi-bazillionaire and I'm homeless...'

► Madonna's brother living under a bridge in Michigan ► Tells media his family hasn't helped him out

Madonna's second oldest brother, Anthony Ciccone, is homeless and living under a bridge in Traverse City, Mich., he tells local news site the Michigan Messenger.

"My family turned their back on me, basically, when I was having a hard time," the 55-year-old says. "You think I haven't answered this

kind of question a bazillion times — why my sister is a multi-bazillionaire and I'm homeless on the street? Never say never. This could happen to anybody."

Ciccone says his troubles started when he lost his job at his father's Suttons Bay winery more than a year ago.

● METRO



► Madonna

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Selma's turtle tot

Selma Blair admits that her 3-month-old son, Arthur, has some an interesting look about him.

"He looks like a little turtle," she tells Us Weekly.

But reptilian resemblances aside, "he's an amazing baby. We're so in love, as I imagine most parents are," says Blair, who doesn't have a nanny — yet. "I may hire someone," she explains.

● METRO

Celebrity tweets



@AlecBaldwin

"I wanna be Brad for a day. No. A week. No. Make that a decade."



@RobLowe

"Taking off for a mad dash to Qatar on Miramax business."

Today, Zooey Deschanel is happy with her purchases, Alec Baldwin has a case of Brad Pitt envy, Rob Lowe is globe-hopping, and Jeffrey Ross is having second thoughts.

@ZooeyDeschanel

"to the person who invented online shopping: THANK YOU."



@realjeffreyyross

"Starting to regret naming my dog Moammar."

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► Experts warn that you are playing a dangerous game if you are trying to cut calories so that you can drink.

Cutting weight to drink

► New study shows that “drunkorexia” more common among young women

CELIA MILNE
LIFE@METRONEWS.CA

Saving calories to go drinking?

The idea of rationing food so there are calories to spend on alcohol is not new. Girl groups laugh about it. College students do it. But it could be a dangerous habit for those in your group who have social and anxiety problems.

Sixteen per cent of college students in a recent U.S. survey admitted to combining disordered eat-

ing and binge drinking. The practice — which has been coined “drunkorexia,” was three times more common in women than men, according to research at the University of Missouri.

“The report doesn’t surprise me and I’d imagine there could be a similar pattern in Canadian students,” says Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

Drunkorexia is not a

formal diagnosis but rather an identified pattern of behaviour, she adds. The appeal for students is that they prevent weight gain, get drunk faster and save money.

But kids are toying with powerful forces here, warns Dixon.

“If it’s a trend among friends to use alcohol meal-replacement, some young women in the group may be significantly more vulnerable than others to have the behaviour develop into a full-fledged eating or alcohol disorder.”

Both problems emerge, she says, from the same fundamental difficulty with managing emotions and social interactions.

Victoria Osborne, from the University of Missouri, warned that drunkorexia can have shorter-term consequences such as having difficulty concentrating, being more at risk for violence, engaging in risky sexual behaviour, developing alcohol poisoning, and damaging vital organs. Her research has not yet been published or peer-reviewed.

Getting help

What you need to know

► **Advice** Some people who regularly skip food and then binge drink are at risk for serious eating disorders and alcohol dependence. If you’re worried about a friend or family member, let them know you’re concerned and tell them you understand, suggests Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

3

life

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Life as art: NYC artist creating performance piece around birth of her firstborn

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How to be a breast cancer husband

► Marc Silver talks to Metro about questions you are too afraid to ask ► Then go support her

"Stop talking and listen to your wife saying how much cancer sucks," says Marc Silver, author of *How To Be a Breast Cancer Husband*. He answers questions you could be too scared to ask.

How do I deal with the news?
Your wife needs husbandly support. The worst thing you can do is go into denial. It may be a human

reaction, but it's a selfish one. None of us want to become caregivers but if your wife is feeling lonely and bereft, she needs comfort from the one she loves.

How do we tell the kids?
If there is the slightest bit of uncertainty, wait to be sure before you break the news. Lay out the facts to them but place more emphasis on the good prognosis. Kids can tell if you're lying so be honest with them. Have a weekly update with them on the situation.

What do I do when she goes bald?
A man doesn't expect his wife to have a shiny scalp. Many women find it harder to lose their hair to chemo than breasts to surgery. A bald head is an instant cancer giveaway, the size of her cleavage isn't. Your wife should be ok to walk around the house without her wig. If you're a Star Trek fan, tell her you now love her even more bald.

Can we have 'chemo' sex?
Can we have sex during chemo is an awkward question to ask an oncologist. It's possible to maintain intimacy during chemo. The loss of physical touch is a huge loss and if you pull back she'll think you no longer find her attractive. There are other ways of being connected intimately.

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Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The secret to staying young

Research from McMaster University suggests that endurance exercise might help fight, and even reverse, the signs of aging such as balding, grey hair and thinning skin.

What is endurance exercise?

Aerobic activity, such as brisk walking, running or cycling, that improves cardio-respiratory fitness. And the longer you do an aerobic activity, the better your endurance.



► Find out the latest reason to run.

So, how was the study done?

It may sound strange, but the lead researcher

had mice with physical characteristics comparable to a middle-aged person do 45-minute runs three times a week.

Their skin became tighter, and their fur grew back and stopped turning grey.

The theory is that exercise produces hormone-like chemicals that have a beneficial effect on tissues.

Of course, building your endurance takes time. But the potential of finding the fountain of youth seems like a pretty good incentive to me.

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URGENT CARE WOODSIDE WALK-IN PROVIDES TIMELY TREATMENT AND SERVICES

ON JULY 4, THE URGENT CARE WOODSIDE WALK-IN CLINIC OPENED AT 18 ACADIA ST, DARTMOUTH, UP THE HILL FROM THE DARTMOUTH GENERAL

Staffed by four emergency room physicians and headed by medical director Dr. John Gillis, the clinic operates from 9 a.m. to 5 p.m. Monday to Friday.

Conveniently located on-site is Moffatt's Pharmasave, which moved up the hill from its former 277 Pleasant St. location just 500 metres away.

"To have the pharmacy within the clinic means one-stop shopping for patients," says Mandy Bouchard, the operations manager of Urgent Care Woodside Walk-in.

"They can come out of an exam room after being seen by one of our physicians and walk right over to the pharmacy counter to get their prescription filled."

Patients don't even need to hand over

a paper prescription to Moffatt's Pharmasave pharmacist Al Walsh, since the clinic has an electronic medical records system and can electronically fax most prescriptions directly to the pharmacy.

The modern walk-in clinic with its rows of red chairs in the bright waiting room serves the communities of Dartmouth, Woodside and Eastern Passage. It's a great option for patients who can't get an appointment with their family doctor for two or three weeks or who want to see an ER physician without waiting in a hospital emergency department.

"People won't gain a family doctor here, but they can get a detailed assessment, have a procedure done or get a prescription filled," says Bouchard. Other services include physician-approved driver's medical forms and military physicals, ordering of X-rays and lab tests, biopsies, suturing cuts and family planning.

Perhaps the best part about visiting this clinic is the wait time—it's almost non-existent. "Patients will receive timely treatment, typically within the hour," says Bouchard.

For more information about the Urgent Care Woodside Walk-in clinic and its services, call (902) 444-6600.



Al Walsh, the pharmacist at Moffatt's Pharmasave



Urgent Care Woodside Walk-in medical director Dr. John Gillis

EASTERN PASSAGE CLINIC TO OPEN SOON

In November, Urgent Care Eastern Passage Walk-in, which will be housed with Passage Pharmasave, will open at 6 Cow Bay Rd. It will be the same model as Urgent Care Woodside Walk-in and staffed by the same team, but a smaller operation open fewer hours. For more information about the clinic before it opens, call (902) 444-6600.

BLOOD COLLECTION AT MOFFATT'S

On Tuesdays, Thursdays and Fridays from 9 a.m. to 12 p.m., you can take your physician-ordered requisition form to Moffatt's Pharmasave and have your blood work done, no appointment necessary and with little or no waiting. Since it's a private service, there's a \$12 fee. For more information about blood collection at Moffatt's Pharmasave, call (902) 463-7651.

GET YOUR FLU SHOT AT URGENT CARE WOODSIDE WALK-IN

In Canada, the official season for influenza runs from October to March. Influenza, which is commonly called the flu, is a respiratory infection caused by the influenza virus. It's highly contagious and spreads rapidly from one person to the next.

According to the Canadian Coalition for Immunization Awareness & Promotion, between 2,000 and 8,000 Canadians can die from influenza and its complications every year, depending on the severity of the season. Flu symptoms include a fever and/or cough with one or more of the following: unusual tiredness, headaches, muscle or joint aches

and sore throat.

The physicians who staff the Urgent Care Woodside Walk-in clinic at 18 Acadia St. in Dartmouth are administering free flu shots now. "The seasonal influenza vaccine is safe and effective and can benefit people of all ages," says Dr. John Gillis, Woodside Walk-in's medical director. He recommends that people get their flu shot as soon as it becomes available in their community instead of waiting until after December, when flu season is typically at its peak.

The vaccines protect against the three influenza viruses (including H1N1) that research indicates will be most common

during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists' estimations about which strains of viruses will circulate in a given year.

So how soon are you protected after you get your shot? "About two weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body," says Gillis.

Before you stop in to get a flu shot, it's a good idea to call Woodside Walk-in to ensure that there's an adequate supply of vaccines on hand and time in the schedule to administer your shot. For

more information about flu shots and other services at Urgent Care Woodside Walk-in, call (902) 444-6600.

WHO'S AT RISK?

Groups at high risk for contracting influenza include:

- children and adults with chronic health conditions
- residents of nursing homes and other chronic care facilities
- people aged 65 and older
- healthy children six months to 23 months of age
- healthy pregnant women
- health care workers

Sweet & Spicy Cajun Roasted Nuts



Preparation:

1 Preheat oven to 300°F (150°C). Line baking sheet with parchment paper. In bowl, whisk egg white until frothy. Then whisk in sugar and seasonings until blended. Add peanuts; stir to coat.

2 Spread nuts on prepared baking sheet. Roast in oven, stirring couple of times until nuts are golden brown and mix is barely sticky, 25 minutes. Taste, adding more salt if needed.

Cool completely, breaking up nuts as they cool. Store in an airtight container for a couple of weeks. **NEWS CANADA/PEANUTBUREAU.CA**

Ingredients:

- 1 egg white
- 1/4 cup (60 mL) granulated sugar
- 1 tsp (5 mL) Kosher salt
- 1 tsp (5 mL) dried thyme leaves
- 3/4 tsp (4 mL) each cayenne and garlic powder
- 2 cups (500 mL) unsalted peanuts

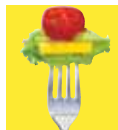
Greek Village makes a move

- This eatery has relocated from its former cosy space to a much larger spot
- It still serves Greek favourites such as Mousaka and Green Pepper Steak

VALERIE MANSOUR

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



The Greek Village has made a bold move to a much larger location, just west of its former cosy little restaurant.

We're having a late lunch as are five other tables. The tasty Mousaka (\$11.99) has layers of egg-



► Mousaka with Greek salad, rice and roasted potatoes.

► **Greek Village**
6303 Quinpool Rd.
405-3750
thegreekvillage.ca
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: Yes
Price range: \$\$
Rating: 3.5 out of 5

plant, potato, zucchini and meat sauce, and is topped with béchamel. Accompanying it is a generous serving of rice, roasted potatoes — not as lemony as I like — and a Greek salad that is fresh but lacks flavour. The server brings

me dressing to jazz it up, but it's lacklustre.

My pal orders a Green Pepper Steak from the "Chicken & Chops" selection. The tender, chopped striploin is mixed with mushrooms, green pepper, onions and gravy. It comes

with Greek salad, and rice, which is replaced by requested Greek potatoes.

Service is excellent here, the menu is varied and servings are large. Let's hope the Village regulars — plus some — fill this big space.

Spice up apple season

Preparation:

1 In skillet over medium-high heat, melt 15 mL (1 tbsp) of butter. Season chicken on both sides with salt and pepper, then add half of it to pan. Cook 3 minutes per side, then transfer to a plate. Add remaining 15 mL (1 tbsp) butter and repeat with remaining chicken. Transfer second batch to plate, cover with foil and set aside.

2 Return skillet to heat and add onion. Sauté 4 minutes, then add cinnamon, curry powder and paprika. Sauté 30 seconds, then add apples. Toss well to coat,

then cover pan, reduce heat to low and cook 5 minutes or until apples are tender.

3 Uncover pan and stir in vinegar. In glass, mix water and cornstarch, then add to skillet. Stir, then bring to a simmer. Return chicken to skillet,

cover with sauce, then cover skillet and cook 8 minutes or until sauce thickens and chicken is fully cooked. Season with salt and pepper. Serve the Curried Chicken Apple Sauté with apple sauce spooned over it.

THE ASSOCIATED PRESS

Ingredients:

- 30 mL (2 tbsp) butter
- 4 boneless, skinless chicken breasts, pounded to an 1-cm (1/2-inch) thickness
- Salt and black pepper
- 1 yellow onion, diced
- 2 mL (1/2 tsp) cinnamon
- 2 mL (1/2 tsp) curry powder

- der
- 1 mL (1/4 tsp) smoked paprika
- 2 baking apples (such as Cortland) peeled, cored and finely chopped
- 30 mL (2 tbsp) cider vinegar
- 125 mL (1/2 cup) water
- 15 mL (1 tbsp) cornstarch

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► Charles the Butler advises that if your child is offered a large bowl of candy while trick-or-treating, take a little bit, not a huge handful.

PLEASE DON'T FORGET YOUR MANNERS ON HALLOWEEN

Is there such a thing as Halloween etiquette?
Anonymous

Interestingly enough, yes there absolutely is good Halloween etiquette.

Below are six simple guidelines to help you have a fun and great Halloween season.

1. Never cross through the flowerbeds going from house to house. Always walk up the driveway or walkway.

2. Repeatedly ringing the doorbell is rude and unnec-

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

essay. When you arrive at the door, ring the doorbell once and wait for the door to be answered.

3. When answering the door, don't over-scare trick-

or-treating toddlers.

4. Don't be greedy. If you're offered a large bowl of candy, take a little bit, not a huge handful, and always say thank you!

5. If the party invitation says "wear a costume," you are required to wear a costume.

6. The hours for trick-or-treating are dusk to 9-ish and then it really needs to come to an end.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

IF THE TIMING AIN'T RIGHT ...

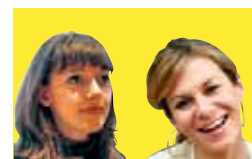
I'm a guy who usually doesn't have a problem getting women, but recently I met a girl I really liked and after only a couple of dates, she broke it off. This kind of thing has happened to me before. Why is it that when I really like a girl, it doesn't work out, but when I'm only half into it, I'm really successful? Quantity Over Quality

Andrea: Dear Q,

I wouldn't worry too much as you're already at a distinct advantage over most of your peers: you know what it's like to be successful in the first place. You just have to maintain that same mindset and use it when approaching or dating a "high quality" woman.

Tell yourself that she's

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

just another girl.

If you're still unsuccessful, break down your behaviour into manageable components: How do you act physically around the girls you really like? Do you fail to keep eye contact? Ask the same of your verbal cues.

Claire: Dear Q over Q,

Assuming you didn't em-

barrass yourself by being too keen and suggesting baby names for your first child together, here's what I think happened: Bad timing.

The older we get, the more important timing matters, even if you're the best catch since Brad Pitt.

If you met this girl and the timing is wrong for her, you're screwed, and not in the good way.

Touch base with her in a month or so, be light and friendly and see where it leads. If not, she loses, and you now have a new criteria to include in your search for the ideal woman.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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FRUGAL IS THE NEW SEXY

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LESLEY SCORGIE
MONEY@METRONEWS.CA

A rotten economy makes extravagant dating nearly impossible.

Forget

full-priced tickets to Arcade Fire or a romantic helicopter ride.

I double dare you to use a coupon on your next date.

According to CouponCabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction.

Of the remaining respondents, 75 per cent said they wouldn't be offended if their date used a coupon to pay.

Times have changed

and it's no longer frowned upon to be frugal while dating.

In fact, if frugality is one of your core values, saving money while dating is a great way to test whether your partner is financially compatible with you.

Downsize your date and focus on spending free quality time together.

Grab a java and go for a walk. Play a game of tennis or Monopoly.

If you're into old movies, rent DVDs from the library. Go grocery shopping and cook a meal at home rather than eating at a fancy restaurant.

Date online. You can join online dating communities like eHarmony and use coupons for your membership.

Plus, you can pre-screen your date so that you don't waste time and money getting to know someone who's incompat-

20%

According to CouponCabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction.

ible with you.

Before you whip out a coupon, gauge whether your date would be cool with it or not.

If you think they're into couponing, crack a joke about your Groupon deal of the day, present the coupon to the server and carry on with your conversation.

If you think they'd freak out, sneak the coupon to the server en route to the washroom.

Saving money is sexy. Going into debt to impress a date is not.

Don't let electricity bills burn up savings

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With household debt at historically high levels, small surprise that

nearly half of all Canadians confess to living paycheck to paycheck.

And, judging by my inbox, many of you despair about ever getting ahead.

Forget the big picture for the moment. It just makes your head ache.

Instead, focus on creating a little financial buffer by saving a few dollars on everyday expenses.

With winter approaching it's an excellent time to reduce your electricity footprint. I tackled mine three years ago.

My husband and I live in a leaky 160-year-old stone house so our experience won't match a townhouse dweller. Still, every buck not spent is a buck back in your pocket.

With very little effort we saved at least \$150 a month, or \$1,800 a year.

1. I had an ancient

Nibbling away at electricity expenses will put nearly \$24,000 in my pocket.

-ALISON'S MONEY RULE



Bright ideas can leave you with more money for RESPs, RRSPs or just day-to-day living.

Electricity costs:

- ▶ Clothes dryer -- \$500 to \$1,000 annually
- ▶ Clothes washer -- \$100 annually
- ▶ Old fridge or freezer -- \$150 annually
- ▶ Heating and cooling -- 60 per cent of total electricity bill

ing and cooling alone.

6. It's become a matter of pride in our house that we use the dryer only for emergencies — for example, when it's 10 p.m. and someone forgot to hang out the sheets.

I now actually prefer the crinkly feel of air-dried clothes and no longer use those icky anti-static sheets.

Voilà! \$150 saved monthly = \$23,636 over 10 years at an average five per cent rate of return. Even more if you put it in your RESP or RRSP.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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Allan Small
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MacKinnon has 'a shot' at WJC

► Mooseheads rookie gets chance to strut his stuff in Super Series



MATTHEW WUEST
@METRONEWS.CA

A spot on Canada's world junior team might not be out of the realm of possibility for Cole Harbour hockey star Nathan MacKinnon.

The 16-year-old Halifax Mooseheads centre, off to a red-hot start in his major junior career, was named yesterday to the QMJHL roster for next month's Canada-Russia Super Series.

The games, held Nov. 7 in Victoriaville, Que., and Nov. 9 in Quebec City, serve as an annual proving ground for world junior hopefuls.

"He's got an opportunity to play with the best guys in our league and guys who will go to Team Canada's training camp," said Mooseheads head coach Dominique Ducharme. "He's got a shot (at the world junior). If he's there (in the Super Series), he's got a shot at maybe getting invited (to camp) and taking it one step at a time."

MacKinnon is the youngest player on the Super Series roster and the sixth-youngest player in the QMJHL this season. But he's piled up 23 points



"It shows that he had an impact right away, that he's capable of playing with the best players in the league. He's still pretty young but he's shown he's a special player."

MOOSEHEADS HEAD COACH
DOMINIQUE DUCHARME

in 14 games for ninth in league scoring and is routinely Halifax's best player.

Ducharme said it's MacKinnon's attention to detail that has led him to such immediate success.

"He really wanted to take care of every little thing in his game and he's improving every day," he said. "He knows that doing this, points will come. It's nice to see him getting results and it's nice to see



► He may be the sixth youngest player in the QMJHL, but Mooseheads rookie Nathan MacKinnon currently sits ninth in league scoring

him improving every week."

It's a rare feat for a 16-year-old to crack Canada's world junior roster, with only Wayne Gretzky, Eric

Lindros, Jason Spezza, Jay Bouwmeester and Sidney Crosby making the cut in the event's 34-year history.

Forward Carl Gelin, who the Mooseheads trad-

ed to the Baie-Comeau Drakkar in the acquisition of MacKinnon, was also named to the Super Series team. The 19-year-old has 22 points in 15 games.

Rangers a win away from World Series title

ERIC GAY/THE ASSOCIATED PRESS



► Mike Napoli celebrates his eighth-inning, two-run double.

Mike Napoli's two-run eighth inning double broke open a 2-2 deadlock and the Texas Rangers are headed back to St. Louis with a 3-2 lead in the World Series after a 4-2 win over the St. Louis Cardinals last night.

Mitch Moreland and Adrian Beltre hit solo home runs off St. Louis ace Chris Carpenter, pulling Texas into a tie with the Cardinals in Game 5 after the Rangers fell behind 2-0.

Carpenter, who won last week's opener, allowed six



hits, struck out three and walked one as he tried to improve to 9-2 in his postseason career.

Game 6 is tomorrow night.

THE ASSOCIATED PRESS

Sports in brief

Bautista MVP in eyes of fans

MLB. Toronto Blue Jays slugger Jose Bautista has won his second consecutive Hank Aaron Award.

Bautista was voted by fans and a panel of Hall of Famers as the most outstanding offensive performer in the American League yesterday. Bautista led the majors in home runs for a second year in a row with 43 and batted a career-best .302 with 103 RBIs. Los Angeles Dodgers star Matt Kemp, won the award in the National League. THE CANADIAN PRESS

Pronger injured in Flyers' win over Leafs

NHL. Flyers defenceman Chris Pronger will miss two to three weeks and spend the next few days on bed rest after taking a stick to the right eye in Philadelphia's 4-2 win over Toronto last night.

Pronger and the Maple Leafs' Mikhail Grabovski sprinted for a loose puck after a rebound off Flyers goalie Sergei Bobrovsky.

Grabovski slapped at the puck, but his stick connected with Pronger's stick and the blade shot straight up into the defenceman's face.

THE ASSOCIATED PRESS

4
sports

Quoted



"Children should not mess with fireworks. They can be very dangerous if they are not used in the right way."

MANCHESTER CITY STRIKER MARIO BALOTELLI, WARNING OTHERS ABOUT THE DANGERS OF FIREWORKS, DAYS AFTER HE HAD TO EVACUATE HIS HOUSE BECAUSE OF A FIRE IN HIS BATHROOM CAUSED BY A FIREWORK. BALOTELLI BLAMED THE INCIDENT ON A FRIEND YESTERDAY.



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Personals

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 #11RC8491A \$15,995	2009 Hyundai Sonata 3.3L V6 Auto, Power Heated Front Seats, Keyless, Alloys, only 67K	 #11303447A \$17,995	2008 Chrysler 300 Touring 3.5L V6, Loaded, Leather Int., Pwr Heated Front Seats, Sunroof, Alloys, only 42K
 #ch184304 \$18,995	2010 Chrysler Sebring Limited 3.5L V6 Loaded, Leather Int., Power Heated Front Seats, Sunroof, 18" Alloys, only 30K	 #CH236132A \$13,995	2009 Ford Focus SES 4 Cyl Auto, PW, PL, Keyless, Alloys, only 64K
 #DC180924 \$17,995	2008 Jeep Commander Sport 3.7L V6, Loaded, Leather Int., DVD, Sunroof, Alloys, only 74k	 #EN596901 \$13,995	2010 Dodge Caliber SXT 2.0L 4 Cyl Auto, AC, PW, PL, Keyless, only 45K
 #CH473264 \$20,995	2010 Dodge Gr. Caravan SE PLUS 3.3L V6 PW, PL, PS, 7 pass stow n go seat- ing, front and rear air, Alloys, only 32K	 #CH478671 \$27,995	2010 Chrysler Town & Country Touring 4.0L V6, Loaded, Front and rear air, Pwr sliding door grip, Alloys, DVD, 7 pass seating, only 31K



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The photos in picture are from previous editions of Photo Challenge.

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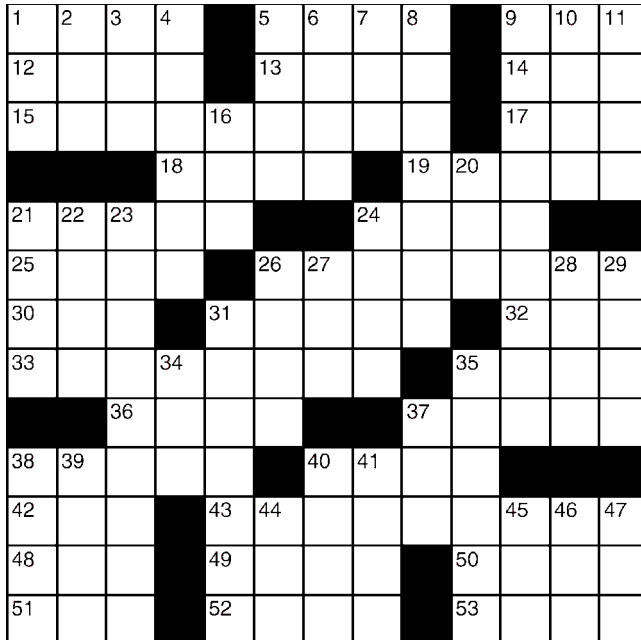
Crossword

Across

- 1 Send forth
5 "— company, ..."
9 Scepter
12 Broad
13 Furnace output
14 — out a living
15 Find not guilty
17 Savings plan acronym
18 Person, place or thing
19 "Loves me (not)" determinant
21 Had a home-cooked meal
24 Old woman's home?
25 Coffee vessels
26 Company agent
30 Money of Moldova
31 "The Age of Anxiety" poet
32 Brewery product
33 Insisted on
35 List-ending abbr.
36 Historic times
37 Concerning
38 More angry
40 Macadamize
42 Lawyers' org.
43 Work together
48 Obtain
49 Camel feature
50 Singer Campbell
51 Sailor's assent
52 Puppies' calls
53 Harvard rival

Down

- 1 Lamb's mama
2 Blend
3 Altar affirmative
4 Serena's game



- 5 From one end to t'other
6 Slowly withdraw (from)
7 Cereal tidbit
8 Sondheim or Colbert
9 Say again
10 Veggie in Creole cooking
11 Transaction
16 Lo-o-ong time
20 Dawn goddess
21 "— Lang Syne"
22 Genealogy chart
23 Count
24 Coaster

- 26 Lather
27 Citric quaff
28 Verve
29 Hide
31 Lawlessness
34 Exist
35 Vim
37 Thoroughfare (Abbr.)
38 Long story
39 Do as you're told
40 "— and Circumstance"
41 iPad downloads
44 French assent
45 Carte lead-in

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Capricorn Dec. 22-Jan. 20

What occurs over the next few days will prompt you to accept that maybe you don't know it all.

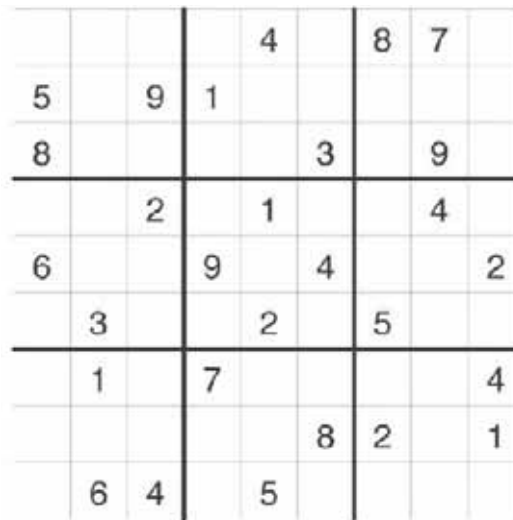
♊ Aquarius Jan. 21-Feb. 18

You need to take a radically different approach in certain important areas of your life, particularly on the home front.

♋ Pisces Feb. 19-March 20. It is time to let go of something, or maybe someone, you have come to rely on a bit too much. It won't be easy, of course, but it can and must be done if you are to move on to better things.

● SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today



Wednesday



Your #1 weather forecast now available in HD. Check your local listings for details.

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Cheers!),
Always keep your face towards the sunshine — and shadows will fall behind you. Laugh is good for you.

LOVE YOUR SMILE :)

Melzy,
I love yew seww much and I will always be there when you are wondering 'who am I?' I love to speak whale with you. Dear..Mr.. Royal..Hampton.. I hope you will see this and we will laugh about it over our morning fogs. <3 <3 <3
DOC

Walty Sweezy,
I am going to miss you so so much. Please take good care of Betsy & keep her company. Tell her I'll be back before she knows it & in the meantime I'd want her to have many adventures & write to me about them. Love you both :)
STEPHANIE L.

Today's horoscope

♈ Aries March 21-April 20 What seemed so simple yesterday won't look quite so simple today, but tomorrow it will all make perfect sense again.

♉ Taurus April 21-May 21 There seems to be some confusion in your life at the moment, but don't worry, nothing bad will come of it.

♊ Gemini May 22-June 21 You should own up to your secret and move on.

♋ Cancer June 22-July 22 Be patient with your expectations of people.

♌ Leo July 23-Aug. 23 It would be a mistake to give up on something

just because you can't understand what it's supposed to be about.

♍ Virgo Aug. 24-Sept. 22 You have a nasty habit of telling yourself that you are not good enough to succeed but that's nonsense.

♎ Libra Sept. 23-Oct. 23 You often find it hard to make up your mind.

♏ Scorpio Oct. 24-Nov. 22 Don't make any hard or fast relationship decisions just yet.

♐ Sagittarius Nov. 23-Dec. 21 At some stage today you will realize that what you were hoping for is not going to happen, but that's actually pretty good news.

Caption contest



MICHAEL SOHN/THE ASSOCIATED PRESS



ARNULFO FRANCO/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Sorento SX shown

OWN IT FROM **\$157**^{*} AT 1.49% FINANCING APR | **\$0** DOWN PAYMENT

bi-weekly for 60 months amortized over 84 months. \$8,026 remaining balance. Includes delivery and destination, PPSA and up to \$1,250 in loan savings¹ (\$500 loan credit and \$750 loyalty bonus² for existing Kia customers).

HWY: 6.2L/100KM (46 MPG)
CITY: 9.5L/100KM (30 MPG)

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2012 SPORTAGE **MOTORING** 2011 CAR OF THE YEAR



Sportage SX shown

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CITY: 10.0L/100KM (28 MPG)

OWN IT FROM **\$153**^{††} AT 2.49% APR

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\$0 DOWN PAYMENT | WITH OPTION TO RETURN AFTER 48 MONTHS

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Rondo EX-V6 shown

HWY: 7.5L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

OWN IT FROM **\$120**^{*} AT 1.49% FINANCING APR | **\$0** DOWN PAYMENT

bi-weekly for 60 months amortized over 84 months. \$6,143 remaining balance. Includes delivery, destination and PPSA.

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CITY: 7.7L/100KM (37 MPG)



International model shown³



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Offer available on all new 2011 and 2012 models through participating dealers to qualified customers who take delivery by October 31, 2011. Dealers may sell for less. Some conditions apply. Retailer order/trade may be necessary. Offers are subject to change and may be extended without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Certain restrictions may apply. *Model shown includes optional accessories and may not appear exactly as shown. **0% purchase financing is available on all 2011 and 2012 Kia models on approved credit (OAC). Terms vary by model and trim. See dealer for details. Representative financing example based on 2011 Soul (S05588) with a selling price of \$15,995, financed at 0% APR for 84 months. Monthly payments equal \$191 with a down payment (equivalent trade of \$0). Cost of borrowing is \$0 for a total obligation of \$15,995. Financing example includes \$1,500 loan credit. Delivery and destination fees are excluded. Retailer may sell for less. See dealer for full details. ††Don't Pay Until 2012* on select models 90-day payment deferral applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC). (2011/2012 Sportage/Sorento/Selento/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchase will repay the principal interest monthly over the term of the contract. *Bi-weekly finance payment for 2012 Sorento (S05588) based on an MSRP of \$26,595 plus \$95 destination fee and \$157/520 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,026.63 plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$1,250 (Sorento), delivery and destination fees of \$1,650 and PPSA (\$750). See dealer for full details. ††Flex Choice financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on select new 2011 and 2012 Kia vehicles. Taxes on the full repaid purchase price are payable at the beginning of the contract term, resulting in higher payments than payments based on a period basis, and are not reflected in advertised payments. The following charges (if applicable) are included in the purchase price: (i) Flex Choice financing fee (up to \$1,500), (ii) delivery and destination fees (up to \$1,650), (iii) taxes, license, insurance, registration, excess mileage, wear and tear charges, any retailer administration fees and other applicable fees and charges are not included. Flex Choice financing is provided on approved credit through TD Financing Services. Your Option Rate is set out on your TD Financing Services Payment Advantage Loan Certificate (the "Certificate"), which contains the terms and conditions governing your Return Value Option. If you exercise your Return Value Option, a return fee of \$395 must be paid by you (not applicable in the province of Quebec) and you will be responsible for excess mileage charges, excess wear and tear, and any other amounts as specified in your Certificate. The remaining loan balance will be subject to then-applicable TD Financing Services rates and fees. Retailers may sell for less. See participating retailer for complete details. Representative example based on 2012 Sportage (S05588) with a purchase price of \$21,995, financed at 2.49% APR over 48 months with \$0 down, bi-weekly payments of \$153, and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. Loyalty Bonus offer available on 2012 Kia Sorento at a value of \$750 for any current Kia owners towards the purchase of a new 2012 Kia Sorento. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only before October 31, 2011. Manual Transmission is \$1,250 (includes \$500 loan credit and \$750 loyalty bonus). \$1,500, and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. See dealer for details. ††Loyalty Bonus offer available on 2012 Kia Sorento at a value of \$750 for any current Kia owners towards the purchase of a new 2012 Kia Sorento. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only before October 31, 2011. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. *5-year/100,000 km extra care roadside assistance. See dealer for details. ††Top Safety Pick 2011[®] awarded by the Insurance Institute for Highway Safety (IIHS). See www.iihs.org for details. ††Kia Canada is the official automotive sponsor of Motors Against Drunk Driving (MADD) Canada. Kia and Flex Choice are trademarks of Kia Motors Corporation. ©2011 Kia Motors Corporation.